

WHAT IS CLAIMED IS:

1. A laptop rope pulling exerciser comprising:

a base including two arched portions recessed inwards respectively at two sides
5 thereof for human laps put thereinto and a wedged portion positioned at a top end of
said base;

an operating device including an elongated housing, a plurality of pulleys, and
a continuous rope, said housing having a wedging portion detachably connected with
said wedged portion, two chin portions extending outwards horizontally respectively
10 from a top end thereof and a bottom end thereof, two through holes positioned
respectively on said two chin portions and corresponding to each other, and an
interfering portion mounted inside said housing, said pulleys being mounted inside said
housing, said rope extending through said pulleys, said interfering portion, and through
holes and running inside and outside said housing; and

15 a resistance device including an adjustment knob rotatably mounted on said
housing in proximity of said interfering portion and a friction member rotatably
mounted to said adjustment knob, said friction member having a friction wall facing
said interfering portion, said rope extending through between said friction wall and said
interfering portion, said friction member being manipulated by said adjustment knob to
20 approach/leave said interfering portion for tightening/loosening said rope, thereby
adjusting the resistance of said resistance device.

2. The exerciser as defined in claim 1, wherein said arched portions are
semicircular.

3. The exerciser as defined in claim 1, wherein said housing longitudinally meets at an angle of between 90° and 150° with a user's laps while the user puts the laps into and holds tight said two arched portions.

5 4. The exerciser as defined in claim 1, wherein said interfering portion comprises a locating member for keeping said rope running between said interfering portion and said friction wall from escape.

5. The exerciser as defined in claim 1, wherein said friction wall comprises a
10 recession for receiving a portion of said rope and further helping said rope to be positioned.

6. The exerciser as defined in claim 1, wherein said wedged portion is a concavity; said base further comprises two elastic plugs at two lateral walls of said
15 wedged portion, and two push buttons mounted thereon and respectively connected with said two elastic plugs, pushing said two push buttons to manipulate said two elastic plugs; said wedging portion comprises four sidewalls and two slots positioned between each two of said four sidewalls, whereby said four sidewalls are engaged with said base and said two elastic plugs are respectively engaged into said slots.

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7. The exerciser as defined in claim 6, wherein said base comprises two stepped portions positioned respectively at two sides of said wedged portion; said sidewalls of said wedging portion being engaged with said stepped portions.

25 8. The exerciser as defined in claim 1, wherein said chin portion positioned at

the top end of said housing comprises a buffer cushion at a front end thereof.